

Abstract

Title: Use of gymnastic training in diving

Objectives: The main purpose of this thesis is to describe opinions of diving coaches on use of acrobatic training and gymnastic equipment to train divers of different ages.

Methods: The analysis of related literature, survey and selected methods of descriptive statistics and data analysis.

Results: From the results of this thesis is obvious, that diving coaches consider use of gymnastic training as very beneficial in terms of cultivation of divers performance in relation to influence the performance and also as necessary part of their preparation.

Keywords: Diving, sports training, acrobatic training